

The Art of Cookery

**Our Flag Means Death inspired recipes to cook in
the comfort of your ship**



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STRAWBERRY OAT BISCUITS

These sweet strawberry biscuits can be made in as quickly as 30 minutes, making it easy to prepare for a morning tea.



- 30 mins



- Makes 6



- Easy

For the Biscuits:

120g Flour
100g Coconut
150g Rolled oats
150g Butter
30g Freeze dried strawberries +
extra for dusting
60ml Golden syrup
4g Baking soda
5ml Vanilla essence
1 Pinch of salt
150g White sugar

For the icing:

130g Icing sugar
250g Butter
7ml Strawberry essence
Pink food colour
15ml Milk
30g Strawberry jam

Step 1 - Preheat your oven to 180°C and line a baking tray with paper.

Step 2 - Stir the flour, oats, coconut, salt, and sugar in a large bowl.

Step 3 - Add the butter and golden syrup to a saucepan. Heat the saucepan on low, and once the butter has completely melted, add the baking soda and vanilla essence, and mix thoroughly.

Step 4 - Pour the saucepan contents into the dry mix, and fold, until it turns into a crumbly mix. If the mix is powdery, knead in a teaspoon of water at a time until it holds together when rolled into a ball.

Step 5 - Fold in the freeze-dried strawberries, and roll into balls of about 2

tablespoons of dough each, and push down lightly with a fork to make a circle on the baking tray. Bake for 10 minutes at 180°C or until golden brown.

Step 6 - Whip softened butter, icing sugar, and milk, until fluffy and smooth. whip it with the icing sugar and milk until smooth.

Whip in the strawberry jam, strawberry essence, and a few drops of pink food colouring and continue mixing on a low speed until combined.

Step 7 - Once the biscuits are out of the oven and cooled, pipe the filling onto half of the biscuits, and use the other half of the biscuits to sandwich them together. Sprinkle crushed strawberry powder over the top, and serve.



BREAKFAST QUICHE

Quiche can make a protein filled breakfast for a long day of whippies on the deck. This vegetarian dish is flexible, and you can experiment with more cheeses and toppings if desired.

Ingredients:

For the pastry:

150g Butter
250g Plain flour
80ml Cold water
3g Salt

For the filling:

8 Eggs
250g Edam or cheddar cheese
A handful of torn basil leaves
80g Spinach
1 Large tomato
60ml Milk
½ tsp of each: Oregano, sage, paprika and thyme
Salt and pepper to taste



- 1.5 hrs



- serves 6



- Easy



Step 1 - Preheat your oven to 180°C. Rub the butter into the flour until it resembles fine crumbs. Make a well in the centre, and pour in the salt and cold water. Knead into the dough, adding water until it comes together.

Step 2 - Roll out the dough, and place into the pastry dish. Trim the edges as desired. Poke holes into the pastry with a fork.




Step 3 - Lay baking paper over the pastry and fill the dish with rice or beads. This will stop the pastry puffing up while it's being cooked. Bake in the oven for 20 minutes.

Step 4 - Whisk the eggs and milk until foamy, and then stir the diced tomato, spinach, and herbs into the egg. Grate the cheese and stir into the mixture.

Step 5 - Pour the filling into the pie dish shell, and bake it again for 50 mins at 180°C. Serve once cooled.

STEVE'S MARMALADE

This citrus marmalade is excellent paired with scones, or eaten out of the jar on a lonely night.

 - 3 hrs  - 3 small jars  - Medium

Ingredients:

2 Large oranges
1 Lemon
1 Lime
1200g sugar



Step 1 - Peel the fruit, and set aside the peel for later.

Step 2 - Chop all fruit into small pieces, and add to a pot with 1 litre of water. Boil for an hour. Top up with a maximum of 400ml water when the pot starts to reduce.

Step 3 - Chop the peelings into small strips. Drain the water into a second pot, And add the citrus peelings, and all of the sugar.

Step 4 - Boil the marmalade until it is 85°C, then turn down and let simmer for an hour. Make sure the pot doesn't boil over. To test if the marmalade is ready to store, pour a spoonful onto a cold plate, and see if you can draw a line through it without the mixture rushing to fill in the gap.

Step 5 - Once the marmalade is ready, pour into sterile jars and let cool and refrigerate until ready to serve.

HOKI FISH FINGERS

These delicious fried fish fingers are made from hoki fish, found near the coast of Aotearoa.



- 30 mins



- Serves 4



- Easy

Ingredients:

For the Fish:

300g Fresh Hoki
300g Panko Breadcrumbs
300g Flour
4 Eggs
20g dill
400ml Canola oil
1 Lemon, to serve

For the Sauce:

1 Clove of garlic, diced
70g Mayonnaise
5g Dill
15g Mustard seeds
10ml Lemon juice



Step 1 - Check the hoki fillet for bones, and remove them with sterile tweezers. Remove any scales from the fillet as well.

Step 2 - Slice hoki into thin strips, keeping them as uniform as possible. Set aside, and clean down the kitchen area.

Step 3 - Gather 3 bowls, one for the flour, one for the breadcrumbs, and 1 for the eggs. Whisk the eggs with the dill. Heat a pan with the canola oil in, which should be deep enough to shallow-fry the fish.

Step 4 - Working quickly as you can, dip the fish into the egg mixture, then the flour, into the eggs a second time, and finally the panko breadcrumbs. Transfer to the hot oil, and flip the fish after a minute of frying, or when the breadcrumbs are golden. Do this about 5 strips at a time to ensure the batter doesn't go soggy.

Step 5 - Once all of the hoki has been cooked, dice the garlic and dill. Stir into the mayonnaise.

Step 6 - Add the mustard seeds and lemon juice into the mayonnaise, and stir until fully mixed in. Chop a lemon into wedges and serve with the fish fingers alongside a ramekin of the sauce.



Freshly caught fish works best for this recipe, but make sure to thoroughly clean the fish and remove all plastic.

BLACKBEARD'S SNAKE SNACKS

This dish isn't made with snakes - But instead stuffed chicken to give a serpentine appearance.

 - 1 hr  - serves 2  - Hard

Ingredients:

40g Baby spinach Leaves
2 Chicken thighs or breasts,
boneless
½ Red capsicum
70g Sundried tomatoes
1 Clove garlic
1 Carrot
15g Paprika
7g Cayenne Pepper
10g Salt
10g Pepper
15ml Canola oil

Step 1 - Finely dice the garlic, capsicum, carrot, and sundried tomatoes, and fry with the oil in a saucepan with the paprika, cayenne, and half of the salt and pepper.

Step 2 - Once the vegetables have softened, set aside to cool. Preheat your oven to 200°C.

Step 3 - Prepare a sheet of baking paper, and place the chicken cuts on top of it. Cover the chicken with a second sheet of baking paper, and using a hammer, meat tenderiser or other implement, hammer the meat until it forms a flat pancake. Don't smack it too hard or it will deteriorate.

Step 4 - Smooth the rest of the salt and pepper over the surface of the chicken, and gently fill it with the vegetable filling from earlier. Don't put too much on, just enough to fill the roll.

Step 5 - Very carefully, roll the chicken until it forms a thick tube with the filling inside. Secure the roll using string to tie it together, and wrap foil around the tubes tightly to seal it. Place the foil covered chicken in a skillet filled halfway with water.

Step 6 - Bake the chicken in the skillet for 30 minutes. In the meantime,

In the meantime, gently wilt the baby spinach in a pan on the stove, without stirring.

Step 7 - Once the chicken is out of the oven, unwrap it, and gently fry for a couple of minutes, just to brown the outside. Now layer baby spinach leaves on the chicken, to create an appearance of green snake skin. Serve as is, or sliced into medallions.



Make sure to seal the chicken as best as you can, the chicken will lose flavour if water gets into the foil!

RUM BALLS

This classic sweet has been given a tropical twist with dates and coconut. Great as a light dessert.

Ingredients:

100g Desiccated Coconut
120g Butter
60ml Dark rum
120g White Sugar
100g Rice puffs
25g Cocoa powder
250g Pitted dates
1 Egg



- 1 hr



- Makes 24



- Medium



Step 1 - Melt the butter and sugar together in a pot. Beat the egg into the pot once the butter has completely melted.

Step 2 - Dice the pitted dates, and add to the pot. Bring to the boil while stirring for 5 minutes.

Step 3 - Remove the pot from the heat, and carefully stir in the cocoa powder and the rum. Fold in the rice puffs.

Step 4 - Once the mixture is cool enough to handle, roll into balls of about one tablespoon each, and roll in the desiccated coconut. Serve once completely cooled.

SAILORS SHANDY

This recipe puts a twist on traditional lemon shandy, by adding a homemade lemon and orange cordial - Perfect to prevent scurvy!



- 1 hr



- makes 2 litres



- Easy

Ingredients:

2 Oranges
3 Lemons
200g Sugar
1l Carbonated water
1l Lager style beer

Step 1 - Zest and juice the fruit, and boil in a pot with the sugar and 100mls of water

Step 2 - When the mixture starts boiling, the sugar has dissolved and the pot is smelling like citrus, boil for a further 10 minutes, and then set aside to cool.

Step 3 - When mixture has cooled, combine with the litre of carbonated water, and mix. Refrigerate until ready to serve.

Step 4 - To serve, fill a tankard with 50% beer and 50% fruit drink. Stir, and serve cold with ice and a slice of lemon.



You can also skip the boiling entirely and double the rest of the ingredients for a refreshing citrus soda!

SALTED BEEF CRACKER BOARD

Salted beef is perfect for long journeys across the ocean, and this recipe can make even hardtack taste good!

Ingredients:

For the salted beef:

500g Beef
3 Cloves of garlic
½ an onion
8 Whole cloves
15g Salt
30g White vinegar
30g Brown sugar
12 Peppercorns
15g Mustard seeds
2 Bay leaves

1 Box of water crackers
Parsley
Dill
1 Tomato
1 Cucumber
50g Mayonnaise
10g Mustard
Salt and pepper to taste



- 2.5 hrs



- serves 4



- Easy

Step 1 - Fill a large pot with water, and bring to the boil. Stick the cloves into the onion and boil in the water.

Step 2 - Add the rest of the ingredients for the salted beef into the pot, save the beef. Add salt until the broth is noticeably salty.

Step 3 - Add the beef to the boiling water, and let boil for 2 hours.

Step 4 - Dice tomato and cucumber into small portions, and finely dice the herbs. Stir the mayonnaise and mustard together in a small ramekin, and add pepper and salt to taste.

Step 5 - Once the beef has finished cooking, remove it from the broth, and shred into small portions. This can be easily done with

Two forks.

Step 6 - Lay the crackers, beef, vegetables, and dressing on a wooden board, and serve.

ROACH'S TAGINE

A hearty Moroccan stew made typically in a clay or ceramic dish called a 'Tagine' - But this recipe can be made in any covered pot.

Ingredients:

1 Zucchini
1 Carrot
½ Onion
2 Cloves of garlic
¼ Butternut pumpkin
1 Red Capsicum
1 Yellow Capsicum
1 Lemon
½ Eggplant
5 Cherry tomatoes
10 Olives
1 Turnip

30g Flour
1l Vegetable stock
Salt and pepper to taste

5g Turmeric
3g Saffron
5g Cumin
5g Coriander
5g Cayenne pepper
3 Cloves
5g Nutmeg
10g Paprika
5g Ginger

⌚ - 2.5 hrs 👤 - serves 4 🦴 - Medium



Step 1 - Chop all of the vegetables into thin slices. Grind all of the spices into a fine powder using a mortar and pestle, and set aside.

Step 2 - Heat a tagine or a crockpot on the stove, and once hot, fry the diced onions and garlic in the flour, letting the flour absorb the onions juices. After a few minutes, add the vegetable stock.

Step 3 - Once the vegetable stock is boiling, stir in the spice blend, and then add the vegetables. Put the lid on and let it gently boil for 2 hours.

Step 4 - Take off the heat, and add salt and pepper to taste. Serve while hot.

VEGAN ORANGE GLAZE CAKE

This orange glaze cake isn't made with 40 oranges - but it is adapted for a vegan, and gluten free diet!



- 5.5 hrs



- serves 12



- Hard

Ingredients:

For the cake:

630g Almonds, ground
80g Baking powder
125ml Oat milk
7.5ml White vinegar
49g Powdered egg replacer
480g White Sugar
6 Large navel oranges

For the glaze:

2 Oranges
100g White sugar

For the buttercream:

300g Firm vegan margarine
300g Icing sugar
15g Oat milk

For the candied oranges:

200g White sugar
1 Orange



MAKING THE CAKES -

Step 1 - Preheat your oven to 170°C. Line two cake tins with oil or baking paper. Boil 6 oranges in a pot of water for 2 hours. Drain and let the oranges cool.

Step 2 - Dice the boiled oranges, and blend in a food processor into a thick paste.

Step 3 - Combine egg replacer and 150mls cup water in a small bowl and stir.

Step 4 - Combine vinegar and 125ml oat milk in a jug, let sit for a couple minutes, and then add baking powder, and stir.

Step 5 - Pour Baking powder mix and egg replacer into a mixing bowl, add the white sugar, and whisk until it forms a thin batter. Step 6 - Fold the almond meal into orange paste, then fold into the rest of the batter.

Step 7 - Scoop the now thick batter evenly into two cake tins and then bake at 170°C for 2 hours.

Step 8 - Let cool for an hour in the tin when finished, before taking the cake out, this is so it doesn't collapse. While the cakes are cooling, you can prepare the glaze.

DECORATING THE CAKE -

Step 1 - To make the glaze, mix The juice of 2 large oranges with 100g white sugar, and boil for a few minutes on the stove until the mixture is syrupy and yellow in colour.

Step 2 - To make the buttercream, whip the margarine, oat milk, and icing sugar together to make an icing.

Step 3 - To make the candied oranges, slice the orange into thin rounds, and boil in water and sugar until the slices are translucent and sticky. Place in the refrigerator, and as they cool they'll harden.

Step 4 - Once the cakes are completely cool, brush both cakes with the glaze, then frost one cake with the vegan buttercream, and stack the other cake on top of it. Frost the top of the cake, and add candied orange rounds to decorate as you like. Serve and enjoy.



Tip: Refrigerate the cakes before decorating them to make sure the frosting stays extra firm!